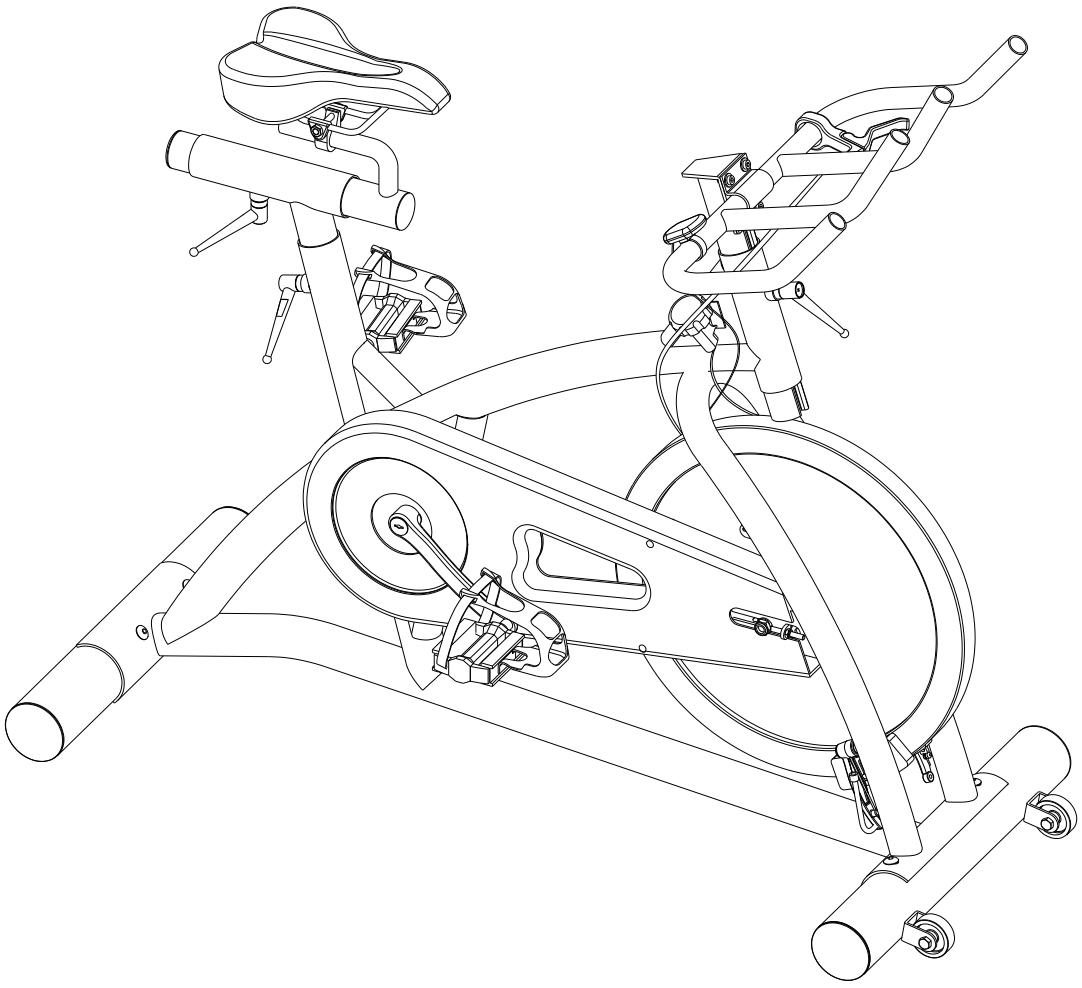
ABILICA SPINOFF

Art. 554 060



English User Manual

* IMPORTANT SAFETY INFORMATIONS *

Please follow the safety rules below to avoid injury and/or accidents.

1. You may stop the bike immediately by controlling emergency break on the left side of handlebar.
2. Keep the bike away from the reach of children. Do not allow the children to be stay around when using the machine.
3. Do not ride while wearing loose robes, loose pants or skirts.
4. Place the bike on a smooth hard surface.
5. The user's max weight is 130kgs.
6. Before use, make sure that all of the fasteners on the units are securely tightened. If there are any defective parts, keep the equipment out of use until they are is well repaired.
7. The brake pad is most susceptible to wear. Before use, make sure it is functional.
8. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

* OPERATING INSTRUCTIONS *

RESISTANCE ADJUSTMENT:

Pedaling resistance is controlled by the tension knob locate under the handlebar right side. To increase resistance, turn the tension knob clockwise. To decrease resistance, turn the tension knob counter clockwise.

SEAT ADJUSTMENT:

Properly adjust the seat to ensure maximum exercise efficiency and comfort, while help reducing the risk of injury. The most appropriate seat position to bikes when place one pedal in the downward position. Your leg should be slightly bent at knees.

1. To adjust the seat height, simply turn the adjustable knob loose, move the seat up or down to the desire height and fix the knob.
2. To adjust the seat position turn the adjustable knob loose, simply turn the adjustable knob loose, move the seat forward or backwards to the right position and fix the knob.

HANDLEBAR ADJUSTMENT:

Handlebar height that can be adjusted. Referee to the seat height adjustment method to adjust the handlebar height.

CHAIN ADJUSTMENT:

The chain on your bike has been pre-adjusted and should not require immediate attention. Continuous use of bike may cause the chain to stretch or become loose and need adjustment. To adjust the chain simply screw the chain adjustable bolts on the middle of forks.

Warming up:

Following exercises are light but appropriate movements, which will wake up your body, stimulate your circulation and make your ankles more flexible. Please do these warming up exercises more than once before starting your training.

1. Calf:
Lean against the wall with both hands. Draw up your right leg and hold erect your left leg. Press slowly your left heel on the ground completely. Hold this position for about 20 seconds. Repeat this exercise with your right leg.

2. Knee:
Look at the wall and put your right or left leg in front as per drawing. Bend your hips and support your own weight with both hands. Keep your legs straight. Hold this position for about 15 to 20 seconds. Repeat this exercise with your right leg.

3. Thigh:
Lean against the wall with your right hand and take your left foot with your left hand and move the foot slowly to your bottom. Press your foot against your bottom and not beside.
Hold this position for about 15 to 20seconds.
Repeat this exercise with your right leg.

4. Back:
Stand straight up and put your right hand behind your head. Take your right elbow with your left hand. Move lightly and bend your trunk to the left. Be aware not to bend your hips.
Hold this position for about 15 to 20 seconds.

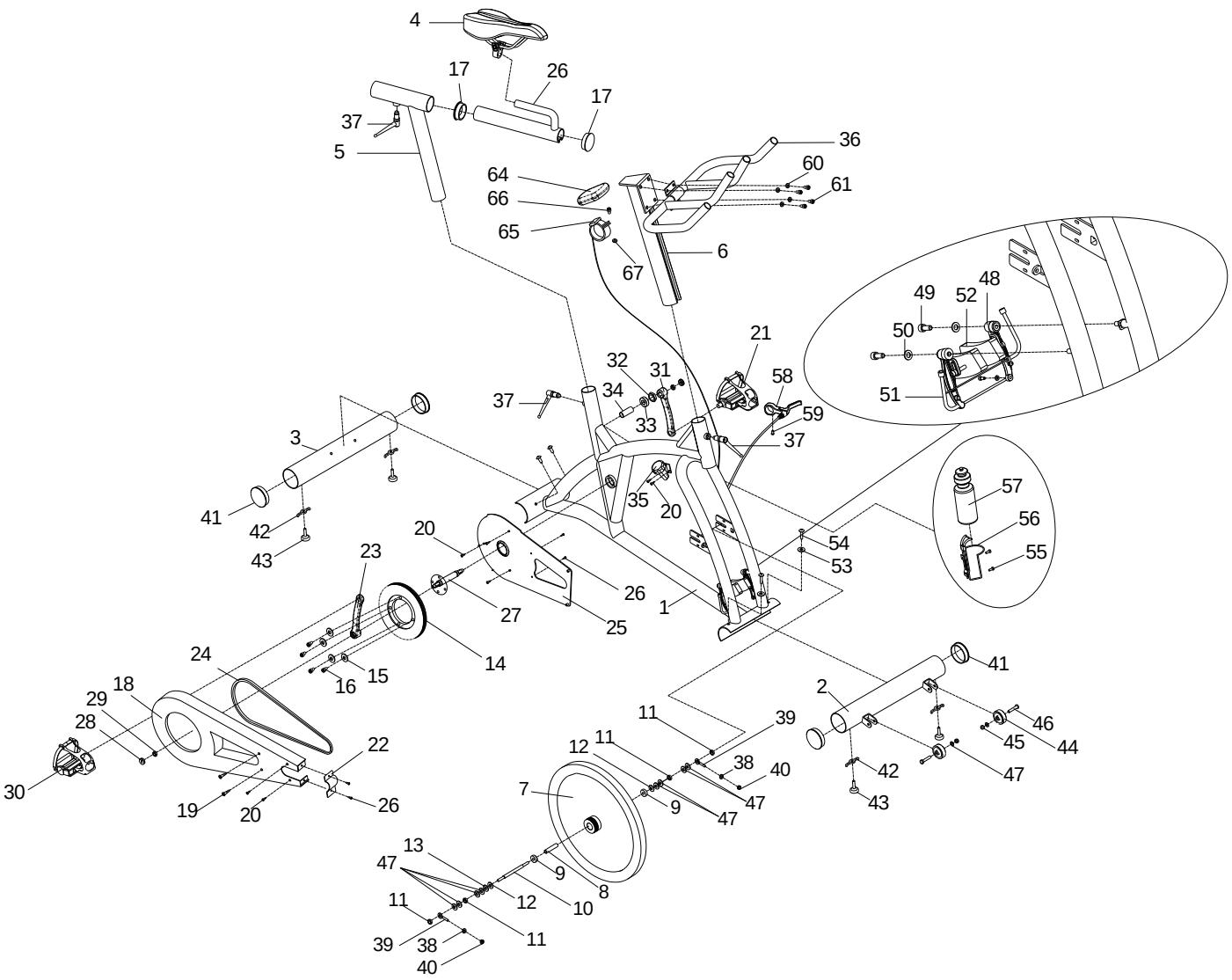
5. Rump:
Cross your right leg over the left one as per drawing when lying on the floor with your back. Pull your right knee carefully towards the floor without lifting your shoulders. Relax your muscles when stretching.
Hold this position for about 15 to 30 seconds.

6. Thigh:
Take your heels in a sitting position; press your sole of the feet together. Bend forward from your hips but keep your back straight.
Hold this position for about 15 to 30 seconds.

7. Hips:
Put your left foot on the ground and the right leg behind as per drawing. Keep your leg straight and don't touch the ground with your knee. Stretch slowly and hold this position for about 15 to 30 seconds.
Change position of your leg and repeat this exercise

8. Back and shoulders:
Sit straight on the floor with your legs crossed. Crease your hands and stretch them straight above your head. Hold up your chin.
Hold this position for about 15 to 30 seconds.

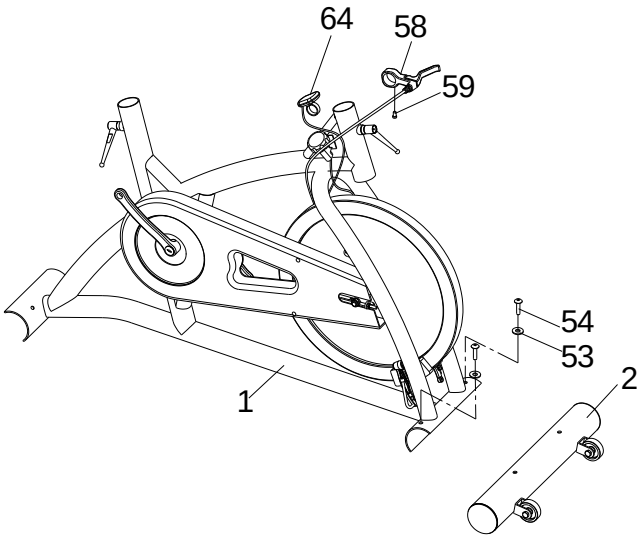
EXPLODED VIEW



PARTS AND TOOLS LIST

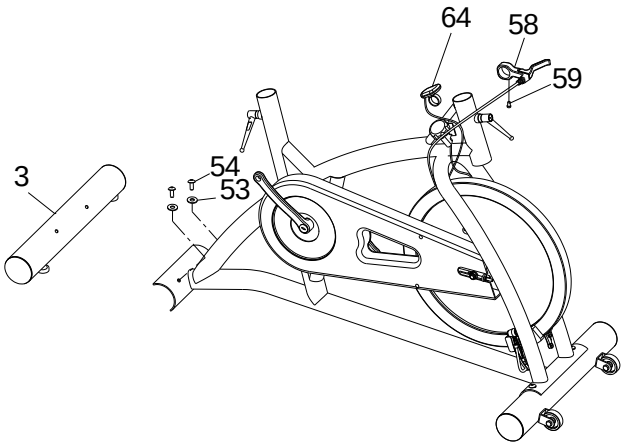
PART#	DESCRIPTION	Q'TY	PART#	DESCRIPTION	Q'TY
1.	Main frame	1PC	34.	Bushing 50.1L	1PC
2.	Front stabilizer	1PC	35.	Tension adjuster	1PC
3.	Rear stabilizer	1PC	36.	Handlebar	1PC
4.	Seat	1PC	37.	Fixing knob M16	2PC
5.	Seat post	1PC	38.	Washer M6*13*2T BK	2PC
6.	Handlebar post	1PC	39.	Chain adjustable screw M6*57L	2PC
7.	Flywheel	1PC	40.	Nylon nut M6 BK	2PC
8.	Bushing 56L	1PC	41.	End cap φ3" BK	4PC
9.	Bearing 6000ZZ(SKF)	2PC	42.	Butterfly nut M8 BK	4PC
10.	Axle 185L	1PC	43.	Adjustable foot M8*25 BK	4PC
11.	Nut M10	4PC	44.	Moving wheel φ60*φ24 BK	2PC
12.	Washer(2T)	2PC	45.	Nylon nut M8	2PC
13.	Washer(1T)	1PC	46.	Hex blot M8*40 BK	2PC
14.	Big pulley	1PC	47.	Washer	2PC
15.	Washer	4PC	48.	Brake	2PC
16.	Screw M8*16	4PC	49.	Screw	2PC
17.	Cap for seat bar	2PC	50.	Washer	2PC
18.	Outer chain cover	1PC	51.	Tube	2PC
19.	Screw M4*19	2PC	52.	Brake pad	2PC
20.	Screw M4*12	10PC	53.	Washer	4PC
21.	Left pedal	1PC	54.	Screw M8*20L	4PC
22.	Protection cover	1PC	55.	Screw M5*20 NE	2PC
23.	Crank arm R	1PC	56.	Bottle cage	1PC
24.	Belt	1PC	57.	Water bottle	1PC
25.	Inner chain cover	1PC	58.	Emergency brake	1PC
26.	Seat bar	1PC	59.	Screw	1PC
27.	Axle,102L	1PC	60.	Washer M8*16 Ne	4PC
28.	End cap for crank M22 BK	2PC	61.	Allen head bolt M8*19L	4PC
29.	Flange hex bolt M8*25 BK	2PC	62.	Fixing knob 3/8"	2PC
30.	Right pedal	1PC	63.	Frame cover	1PC
31.	Crank arm L	1PC	64.	Monitor	1PC
32.	Nut,M17	1PC	65.	Sensor cable	1PC
33.	Bearing 6003ZZ(SKF)	2PC	66.	Screw	1PC
			67.	Nut	1PC

ASSEMBLY INSTRUCTIONS



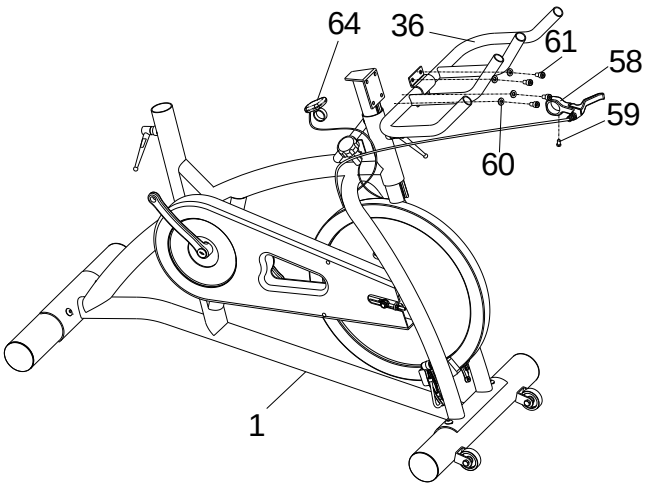
Step 1

Install front stabilizer (2) to main frame (1), using bolts (54) and washers (53).



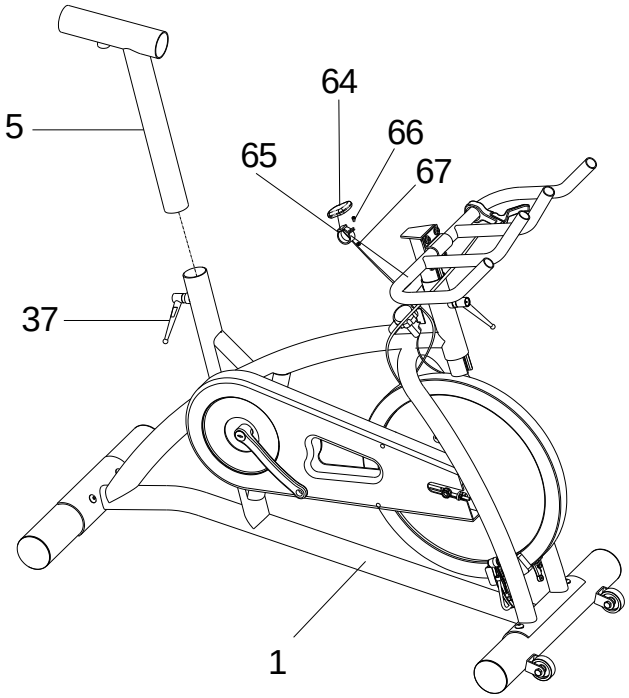
Step 2

Install rear stabilizer (3) to main frame (1), using bolts (54) and washers (53).



Step 3

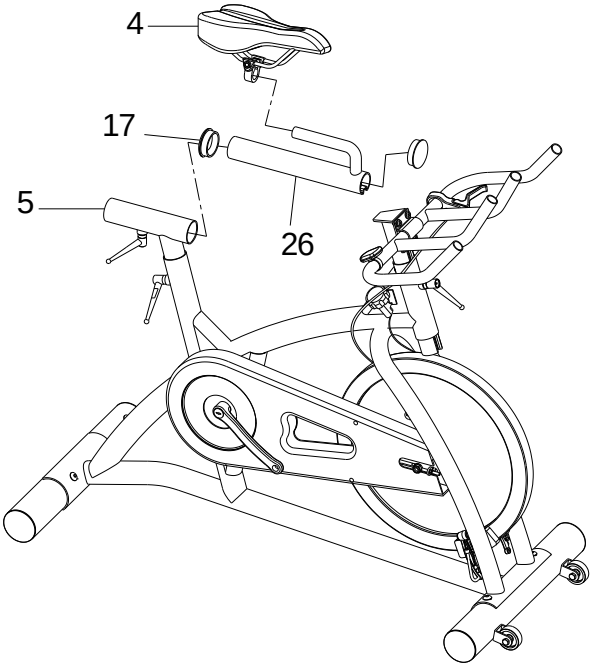
Using bolt (61) and washer (60) to fix handlebar（36）on handlebar post. Then slide emergency brake (58) onto handlebar left side, fix bolt (59).



Step 4

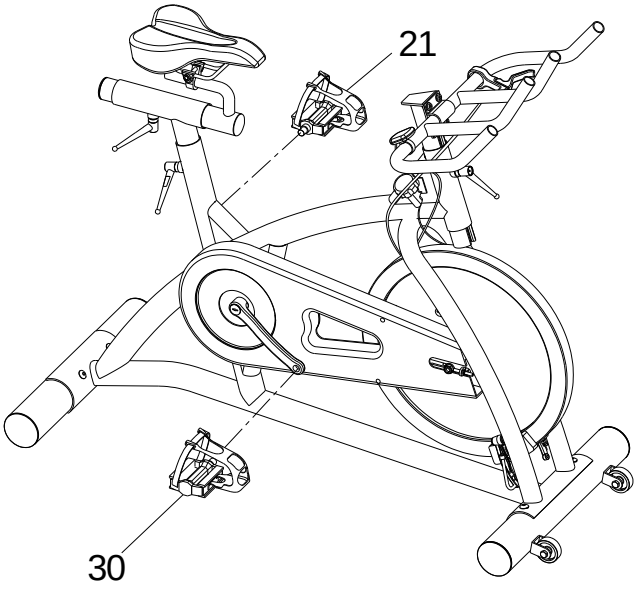
Slide the seat post (5) into the main frame (1) and tighten the plastic adjustable knob (37)

Open sensor cable (65) to clip on handlebar right side and fix it by screw (66) and nut (67). Sliding monitor (64) onto the sensor cable.



Step 5

Securely fix the seat (4) to the seat bar (26). Slide the seat bar into seat post (5) and tighten adjustable knob.



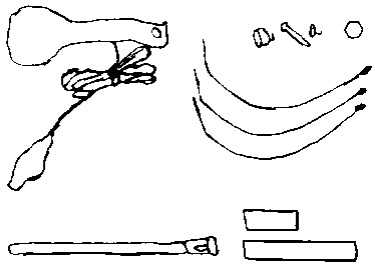
Step 6

Firmly screw each pedal (30) (21) into crank arms.

COMPUTER OPERATION INSTRUCTIONS

AS-8

1. ACCESSORIES



	PART NAME	UNIT	Q'TY	INCLUDINGS
1	CYLCE COMPUTER	PCS	1	LR44 BATTERY
2	BRACKET	SET	1	SENSOR CABLE, SCREW NUT
3	MAGNET	SET	1	MAGNET, SCREW
4	CABLE TIE	PCS	4	
5	RUBBER PAD	PCS	2	

2. FEATURE AND FUNCTION

FEATURE AND FUNCTION	SYMBOL	SPECIFICATION	AS-6/6G AS-506 AS-826/246 AS-900/900G	AS-8/8G AS-828/248 AS-818/508	AS-904 AS-904G	AS-11/11G AS-710 AS-511
CURRENT SPEED	SPD	0-99.9KM/H (62ML/N)	•	•	•	•
ELAPSED TIME	TM	0-9:59:59(0-18:00:00)	•	•	•	•
TRIP DISTANCE	DST	0-999.99KM(ML)	•	•	•	•
ODOMETER	ODO	0-9999.9KM/MILE	•	•	•	•
MAXIMUM SPEED	MAS	99.9KM/H (62.2MILE/H)		•	•	•
AVERAGE SPEED	AVS	99.9KM/H (62.2MILE/H)		•	•	•
RATE PER MINUTE	RPM	0-3600			•	•
CALORIES BURNED	CAL	0-999.9KCAL				•
REAR TIEM CLOCK	CLK	12HR/24HR	•	•	•	•

FEATURE AND FUNCTION	SYMBOL	SPECIFICATION	AS-6/6G AS-506 AS-826/246 AS-900/900G	AS-8/8G AS-828/248 AS-818/508	AS-904 AS-904G	AS-11/11G AS-710 AS-511
STOP WATCH	STOP WATCH	0.01SEC-9 59.59				•
SCAN	SCAN		•	•	•	•
START/STOP AUTOMATTICALLY			•	•	•	•
POWER ON/OFF AUTOMATICALLY			•	•	•	•

SENSOR：NO CONTACT MAGNETIC SENSOR

BATTERY TYPE：LR44, AG13

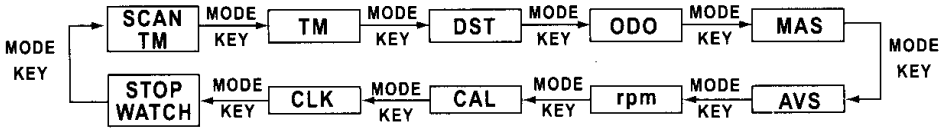
WHEEL SIZE：5”~3” (CYCLE), 0.5”~3.1” (INLINE)

OPERATION TEMPERATURE：0℃~55℃

STORAGE TEMPERATURE：-20℃~60℃

3. OPERATION

(1) FUNCTION AND SCREEN SELECTION (SCREEN DISPLAY AS ABOVE)



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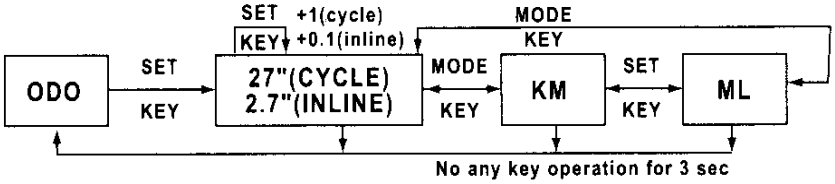

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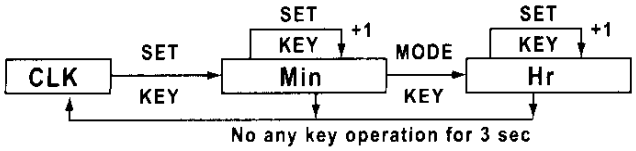
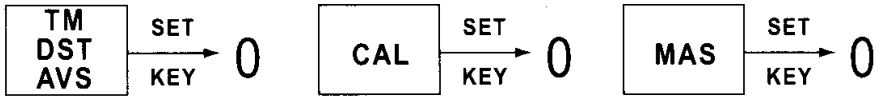


(4)

(5) CLEAR



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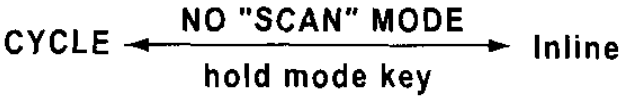

NOTE：DON’T OPERATE THE KEY UNDER WATER.

4. TROUBLES SHOOTING

Check the following may save time before taking unit in for repairs.

TROUBLE	CHECK ITEMS	REMEDY
NO LCD DISPLAY	1. Is the battery dead? 2. Is there correct battery installation?	1. Replace a new battery. 2. Making sure that the position pole of the battery is facing the battery cap.
NO CURRENT SPEED READING	1. Check for：broken wire, main unit incorrect position or sensor and magnet incorrectly aligned. 2. Is the calibration correct?	1. Install the main unit again carefully. 2. Refer to the procedure of “calibration” and set the correct value. 3. Refer to installation. 4. Replace wire. 5. Clean the contacts of the bracket and computer.
LCD DISPLAY RANDOMLY		INITIATE THE COMPUTER AGAIN.
LCD DISPLAY IS DARK	Has the main unit been under direct sunlight for a long time?	Place the main unit in the shady place to recover to normal state. Replace a new battery.
LCD DISPLAY SLOWLY	Is the temperature below 0℃or 32℉	Computer will operate normally when temperature rises above 0℃or 32℉.

NOTE：any troubles except shown above, send to agency for repair please!
Don’t use thinner, alcohol or benzene to clean!

5.

BICYCLE WHEEL SIZE INCH VS. CM			
INCH	CM	INCH	CM
8	64	9	72
10	80	11	88
12	96	13	104
14	112	15	120
16	128	17	136
18	144	19	152
20	160	21	168
22	176	23	184
24	192	25	200
26	208	27	216
28	224	29	231

EXAMPLE：

8”(INCH) = 8 X 2.54 X 3.1416 = 64CM

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